



HES Older Adult Center * 9502 Seaview Ave, Brooklyn, NY,11236 *
718-251-3700



JUNE 2022 ACTIVITIES

Calendar is subject to change

Partially Funded by Councilwoman Mercedes Narcisse

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SUNDAY, JUNE 12 2022 (make up day for April 22 2022)</p> <ul style="list-style-type: none"> 10:30am-2:30pm Trip to Perry's Restaurant <p>SUNDAY, JUNE 26 2022 (make up day for June 6 2022)</p> <ul style="list-style-type: none"> 10:30am-2:30pm Trip to Perry's Restaurant <ul style="list-style-type: none"> Trip to Broadway Show (date to be announced) 		<p>1</p> <ul style="list-style-type: none"> 9am-10:30am Movie time 10am-11am Chair Yoga (in-person) 10am-11am DFTA Presents: Alzheimer's 101 (hybrid) 11am-1:00pm Macrame (in-person) 11:30am-12:30pm Hot Congregate lunch 12:15pm-1:00pm SAIL (hybrid) 1:00pm- 1:45pm Rhythmic Thunder (hybrid) 1pm-3pm Current Event Discussion Group (in-person) 	<p>2</p> <ul style="list-style-type: none"> 10:30am-11:30pm Exercise with Mikhail (virtual) 10:30am-11:30pm Name that Tune (in -person) 11:30am-12:30pm Hot Congregate lunch 12:30pm-1:30pm Line Dance (in-person) 12:30pm-2:00pm- Painting (in- person) 1pm-3pm Current Event Discussion Group (in-person) 	<p>3</p> <ul style="list-style-type: none"> 9am-10am Color your World (in-person) 9:30am-10:30am Chair Yoga (in-person) 10:30am-12pm SU-CASA presents: Dance Together (hybrid) 11:30am-12:30pm Hot Congregate lunch 1pm-3pm Bingo Size

<p>6</p> <p>Shavuot Holiday HES Building IS CLOSED</p>	<p>7</p> <ul style="list-style-type: none"> • 10am-11am Chair Yoga (in-person) • 11am-12pm Zumba (in-person) • 10:30am-11:30pm Exercise w/ Mikhail (virtual) • 11:30am-12:30pm Hot Congregate lunch • 11:30am-12:30pm Health Lecture (in-person) • 1pm-3pm Current Event Discussion Group (in-person) 	<p>8</p> <ul style="list-style-type: none"> • 9am-10:30am Movie time • 10am-11am Chair Yoga (in-person) • 11am-1:00pm Macrame (in-person) • 11:30am-12:30pm Hot Congregate lunch • 12:15pm-1:00pm SAIL (hybrid) • 1:00pm- 1:45pm Rhythmic Thunder (hybrid) • 1pm-3pm Current Event Discussion Group (in-person) 	<p>9</p> <ul style="list-style-type: none"> • 10:30am-11:30pm Exercise with Mikhail (virtual) • 10:30am-11:30pm Name that Tune (in -person) • 10:30am-12pm SU-CASA presents: Dance Together (hybrid) • 11:30am-12:30pm Hot Congregate lunch • 12:30pm-1:30pm Line Dance (in-person) • 12:30pm-2:00pm- Painting (in- person) • 1pm-3pm Current Event Discussion Group (in-person) 	<p>10</p> <ul style="list-style-type: none"> • 9am-10am Color your World (in-person) • 9:30am-10:30am Chair Yoga (in-person) • 10:30am-12pm SU-CASA presents: Dance Together (hybrid) • 12:00pm-12:45pm SAIL (hybrid) • 11:30am-12:30pm Hot Congregate lunch • 1pm-3pm Bingo Size
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<p>13</p> <ul style="list-style-type: none"> • 9am-10:30am Movie time • 10:30am-12pm SU-CASA presents: Dance Together (hybrid) • 11:30am-12:30pm Hot Congregate lunch • 12:30pm-1:15pm SAIL (hybrid) • 1pm-3pm Computer Lab (in-person) 	<p>14</p> <ul style="list-style-type: none"> • 10am-11am Chair Yoga (in-person) • 11am-12pm Zumba (in-person) • 10:30am-11:30pm Exercise w/ Mikhail (virtual) • 11:30am-12:30pm Hot Congregate lunch • 11:30am-12:30pm Health Lecture (in-person) • 1pm-3pm Current Event Discussion Group (in-person) 	<p>15</p> <ul style="list-style-type: none"> • 9am-10:30am Movie time • 10am-11am Chair Yoga (in-person) • 11am-1:00pm Macrame (in-person) • 11:30am-12:30pm Hot Congregate lunch • 12:15pm-1:00pm SAIL (hybrid) • 1:00pm- 1:45pm Rhythmic Thunder (hybrid) • 1pm-3pm Current Event Discussion Group (in-person) 	<p>16</p> <ul style="list-style-type: none"> • 10:30am-11:30pm Exercise with Mikhail (virtual) • 10:30am-11:30am Recognizing of Juneteenth Event (in-person) • 10:30am-11:30pm Name that Tune (in -person) • 11:30am-12:30pm Hot Congregate lunch • 12:30pm-1:30pm Line Dance (in-person) • 12:30pm-2:00pm- Painting (in- person) • 1pm-3pm Current Event Discussion Group (in-person) 	<p>17</p> <ul style="list-style-type: none"> • 9am-10am Color your World (in-person) • 9:30am-10:30am Chair Yoga (in-person) • 10:30am-12pm SU-CASA presents: Dance Together (hybrid) • 12:00pm-12:45pm SAIL (hybrid) • 11:30am-12:30pm Hot Congregate lunch • 1pm-3pm Bingo Size 
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20

JASA IS CLOSED



**JUNE
TEENTH
FREEDOM
DAY**

- 21**
- 10am-11am Chair Yoga (in-person)
 - 11am-12pm Zumba (in-person)
 - 10:30am-11:30pm Exercise w/ Mikhail (virtual)
 - **11:30am-12:30pm Hot Congregate lunch**
 - 11:30am-12:30pm Health Lecture (in-person)
 - 1pm-3pm Current Event Discussion Group (in-person)

- 22**
- 9am-10:30am Movie time
 - 10am-11am Chair Yoga (in-person)
 - 11am-1:00pm Macrame (in-person)
 - **11:30am-12:30pm Hot Congregate lunch**
 - 12:15pm-1:00pm SAIL (hybrid)
 - 1:00pm- 1:45pm Rhythmic Thunder (hybrid)
 - 1pm-3pm Current Event Discussion Group (in-person)

- 23**
- 10:30am-11:30pm Exercise with Mikhail (virtual)
 - 10:30am-11:30am Recognizing of Pride Month Event (in-person)
 - 10:30am-11:30pm Name that Tune (in -person)
 - **11:30am-12:30pm Hot Congregate lunch**
 - 12:30pm-1:30pm Line Dance (in-person)
 - 12:30pm-2:00pm- Painting (in- person)
 - 1pm-3pm Current Event Discussion Group (in-person)

- 24**
- 9am-10am Color your World (in-person)
 - 9:30am-10:30am Chair Yoga (in-person)
 - 10:30am-12pm SU-CASA presents: Dance Together (hybrid)
 - **11:30am-12:30pm Hot Congregate lunch**
 - 1pm-3pm Bingo Size

- 27**
- 9am-10:30am Movie time
 - 10:30am-12pm SU-CASA presents: Dance Together (hybrid)
 - **11:30am-12:30pm Hot Congregate lunch**
 - 12:30pm-1:15pm SAIL (hybrid)
 - 1pm-3pm Computer Lab (in-person)

- 28**
- 10am-11am Chair Yoga (in-person)
 - 11am-12pm Zumba (in-person)
 - 10:30am-11:30pm Exercise w/ Mikhail (virtual)
 - **11:30am-12:30pm Hot Congregate lunch**
 - 11:30am-12:30pm Health Lecture (in-person)
 - 1pm-3pm Current Event Discussion Group (in-person)

- 29**
- 9am-10:30am Movie time
 - 10am-11am Chair Yoga (in-person)
 - 11am-1:00pm Macrame (in-person)
 - **11:30am-12:30pm Hot Congregate lunch**
 - 12:15pm-1:00pm SAIL (hybrid)
 - 1:00pm- 1:45pm Rhythmic Thunder (hybrid)
 - 1pm-3pm Current Event Discussion Group (in-person)

- 30**
- 10:30am-11:30am SU-CASA Program Concert 2022
 - 10:30am-11:30pm Exercise with Mikhail (virtual)
 - 10:30am-11:30pm Name that Tune (in -person)
 - **11:30am-12:30pm Hot Congregate lunch**
 - 12:30pm-1:30pm Line Dance (in-person)
 - 12:30pm-2:00pm- Painting (in- person)
 - 1pm-3pm Current Event Discussion Group (in-person)



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JUNE 2022 Menu

Menu is subject to change.

Partially Funded by Councilwoman Mercedes Narcisse

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Turkey Meat Sauce Pasta (½ cup) Italian Blend Vegetables Whole Wheat Bread Margarine Juice, Milk, Fruit</p>	<p>2 Brown Gravy Roasted Chicken Potato Kugel Carrot Tzimmes Whole Wheat Bread Margarine Juice, Milk, Fruit</p>	<p>3 Gefilte Fish Roasted Red Potato Salad Health Salad (Kosher Coleslaw) Challah Bread Margarine Juice, Milk, Fruit Alternate: Egg Salad</p>
<p>6 Shavuot Holiday HES Building Is CLOSED</p>	<p>7 Baked Turkey Breast Brown Gravy Mashed Sweet Potatoes Vegetable Mix (non-starchy) Whole Grain Stuffing Margarine Juice, Milk, Fruit</p>	<p>8 BBQ Sauce Turkey Burger Spiced Sweet Potatoes Creamy Spinach (Dairy-Free) Whole Wheat Bread Margarine Juice, Milk, Fruit</p>	<p>9 Cranberry Chicken Noodle Kugel Green Beans Whole Wheat Bread Margarine Juice, Milk, Fruit</p>	<p>10 Egg Salad Bowtie Pasta Salad Three Bean Salad Challah Bread Margarine Juice, Milk, Fruit</p>

<p>13 Chinese Style Pepper Steak Chow Fun Noodles Oriental Blend Vegetables Whole Wheat Bread Margarine Juice, Milk, Fruit</p>	<p>14 Black Beans and Mushrooms Vegan Burger Homemade Mashed Potatoes Green Bean Salad Hamburger Bun Plain Margarine Juice, Milk, Fruit</p>	<p>15 Chinese Style Chicken Patty Smashed Red Potatoes Roasted Beets Whole Wheat Bread Margarine Juice, Milk, Fruit</p>	<p>16 Chicken Shawarma (Oven-Roasted) Lentils with Spiced Rice and Caramelized Onions (Majadra) Israeli Salad Whole Wheat Bread Margarine Juice, Milk, Fruit</p>	<p>17 Gefilte Fish Macaroni and Pea Salad Russian Coleslaw Challah Bread Margarine Juice, Milk, Fruit Alternate: Egg Salad</p>
<p>20 JASA IS CLOSED</p> 	<p>21 Stuffed Cabbage with Beef Toasted Barley with Onions Capri Blend Vegetables Whole Wheat Bread Margarine Juice, Milk, Fruit</p>	<p>22 Meat Sauce Pasta Italian Blend Vegetables Whole Wheat Bread Margarine Juice, Milk, Fruit</p>	<p>23 Roasted Chicken Potato Kugel Carrot Tzimmes Whole Wheat Bread Margarine Juice, Milk, Fruit</p>	<p>24 Turkey Salad Homemade Bowtie Pasta Salad Cucumber and Red Bean Salad Challah Bread Margarine Juice, Milk, Fruit Alternate: Egg Salad</p>
<p>27 Dill Lemon Sauce Salmon Cakes Homemade Mashed Potatoes Creamy Spinach (Dairy-Free) Whole Wheat Bread Margarine Juice, Milk, Fruit</p>	<p>28 Beef Pot Roast Kasha Varnishkes Steamed Broccoli Whole Wheat Bread Margarine Juice, Milk, Fruit</p>	<p>29 Baked Onions Turkey Burger Spiced Sweet Potatoes Creamy Spinach (Dairy-Free) Whole Wheat Bread Margarine Juice, Milk, Fruit</p>	<p>30 Lemon Chicken Roasted Potatoes Winter Blend Vegetables Whole Wheat Bread Margarine Juice, Milk, Fruit</p>	



HES

Older Adult Center

9502 Seaview Avenue

Brooklyn, NY, 11236

www.jasa.org

Open Daily Monday - Friday from 8:00 am to 4:00 pm

We Serve Hot Lunches

Monday- Friday

11:30am-12:30pm (Lunch Room)

SAIL

Monday (12:30pm-1:15pm) and Wednesday (12:15pm-1:00pm) Additionally: Friday, June 10 2022 at 12pm and Friday, June 17 2022 at 12pm

Join Zoom Meeting:

<https://us06web.zoom.us/j/84492050817?pwd=Q3INb2lhdFo4R1RVbDhNOXJ6ZkpoZz09>

Meeting ID: 84492050817

Passcode: 204018

Rhythmic Thunder

Wednesday

(1:00pm-1:45pm)

Join Zoom Meeting:

<https://us06web.zoom.us/j/88387042710?pwd=UWIBWFA5YmozY3JBcTNlaHZpMmVEZz09>

Meeting ID: 883 8704 2710

Passcode: 011553

Exercise with Mikhail

Tuesday and Thursday

(10:30am-11:30am)

Join Zoom Meeting:

<https://us06web.zoom.us/j/88406667009?pwd=UWRJeFdneU9tOEhtSEdnMCsyWXpwUT09>

Meeting ID: 884 0666 7009

Passcode: 793070

SU-CASA Dance Together

Monday and Friday

(10:30am-12:00pm)

Join Zoom Meeting

<https://us06web.zoom.us/j/81034554834?pwd=cWdJYTBZYUJPdnJuSXyxN2VETjhaQT09>

Meeting ID: 810 3455 4834

Passcode: 223489

